

Hawaii MARINE SPORTS

Hawaii Marine C Section

October 3, 2003

Marines named pistol champs

Lance Cpl. J. Agg
MCB Quantico, Va.

MARINE CORPS BASE QUANTICO, Va. — The U.S. Marine Corps Pistol Team has returned from some well-deserved leave to resume training at Quantico following a commanding performance at Camp Perry, Ohio, where the team won the 2003 National Rifle Association National Pistol Championship.

The team won the .22 caliber team match, the .45 caliber team match, and finished second in the center fire team match to capture the national championship title and "The Comin' Through the Rye" trophy.

Additionally, Brian Zins captured the NRA National Pistol Championship and the Harrison trophy for the fifth time with a score of 2665-141. With this victory, Zins became only the sixth person in the 68-year history of the competition to win the championship more than four times. Zins was also awarded the General Custer Trophy with the high score in the service pistol match.

Zins' teammate Justin Giorgio finished second with a score of 2648-129, and Sgt. Robert Park won the President's Pistol 100 and the President's Pistol Trophy. Fourteen of 19 shooters on the Marine Pistol Team placed in the top 100 of the President's 100. Park also won the Military Police Corps Trophy as the high shooter during the National Trophy Team Match with a score of 287-11, and the McMillan Trophy as the Marine with the high aggregate score for both the National Trophy Individual and NTT matches.

Zins has won the championship title for each of the five years he has competed (1996, 1998, 2001-03), and is currently training for the first 2004 Olympic Selection Match.

"If I can make the [Olympic] Team, I will be in Athens for the 2004 National Matches," said Zins. "I don't want to miss Camp Perry, but for an Olympic Team berth, I'll do it."

Zins, who won both the .22 caliber and center fire matches and fell one point shy of a win with the .45 caliber to become the National Champion, reached a personal goal by winning the .22 caliber

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Sgt. Joseph A. Lee

Ryan B. Cohen of 2nd Bn, 3rd Marine Regiment carves some waves Saturday, in preparation for the Marine Corps Community Services All-Military Surfing and Bodyboard Showdown at Pyramid Rock Beach.

Marine Island Warrior 'hangs 10'

Sgt. Joseph A. Lee
Press Chief

As the winter approaches and the waves grow, military and civilian surfing enthusiasts begin waxing their surfboards in preparation for upcoming surfing events and competitions around the island, to include all-military contests on base.

The first of this year's competitions on base, scheduled for Saturday, was postponed due to choppy surf, but will likely be rescheduled for sometime in November, when many of the deployed units return to

the base, said Ed Hanlon of Marine Corps Community Services marketing.

Among the small crowd of surfers present at 7 a.m. last Saturday, there was a newly arriving officer with 2nd Bn, 3rd Marine Regiment, already in the water carving up the breaking waves.

"I was pretty disappointed that the contest didn't go," said Ryan B. Cohen. "This was the first time I have heard of a military surfing and bodyboarding competition, and I was really looking forward to the event."

Though the first contest did not convene as planned, the delay gives surfers like

Cohen practice time in before the event kicks off in November.

"I'm sure the event will be really big news when the units get back to the base, and we'll be ready to compete," he said.

Cohen, who was born here on Oahu in 1978, has been surfing since the third grade, when his older brother inspired him.

"The younger sibling always looks up to what the older one is doing, so it was just something I had to get into," said Cohen.

As the son of a retired Marine colonel,

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Warriors crush bones Monday night

Sgt. Joseph A. Lee
Press Chief



Sgt. Joseph A. Lee

A loose ball is recovered by the Warriors. With the turnovers deciding the fate of the game, the Warriors offense made quick work of turning every defensive turnover into six or more points.

The Headquarters Battalion Warriors came to play a much-anticipated football game Monday night, and thanks to fullback Rolando Calderon, with his two touchdowns, the Warriors can put the 34-0 blowout of the 3rd Marine Regiment's Bone Crushers behind them.

Calderon made the first strike in the game by charging in a run to turn six points on the board early for Headquarters Bn. Playing smart ball, the Warriors coach chose to kick for the extra point, which they tacked on without a problem.

The struggling Bone Crushers made several attempts at driving the football during the first half, but the hits being dealt out by the Warriors proved too much for the offense to handle, as the Warrior defense forced the Bone Crushers to turn the ball over time after time.

"Either we were bringing it hard, or they were going down easier, but towards the second half, we could tell that they were feeling

See FOOTBALL, C-7

Wellness Survey

A wellness survey is available for patrons aboard MCB Hawaii, Kaneohe Bay, to take anonymously at several locations. The information obtained in this survey will be used to gauge how the community is doing, and what Marine Corps Community Services can do to assist — whether it be providing classes, educational sessions or setting up displays. Two interactive computers are located at the Semper Fit Center and the base library, and will be moved around base in the next several weeks to the Branch Medical Clinic, Anderson Hall, Mokapu Mall, the Marine Corps Exchange, and the MCX annex. The survey is also available online at www.mccshawaii.com.



Courtesy Of Marine Corps Community Services

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Seeks

Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, Dec. 6 - 12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to Marine Corps Community Services' Athletics department no later than Sunday. Call the Semper Fit Center staff at 254-7590 for more details.

Klipper Offers

Adult Golf Clinic

The Klipper Adult Golf Clinic

is designed for beginners or those looking to brush-up on the fundamentals.

The course of instruction includes basic swing fundamentals, swing evaluation, long and short game, pitching, chipping and putting, game strategy, golf etiquette and safety, and golf rules.

Class size is limited to 15 people, and classes meet every Friday from 5 - 6 p.m. starting today, and running through Oct. 24.

Cost is \$80 per person. To register, call 254-3220 or 257-1745.

E-Club Provides

Time for Football Season

Kahuna's is open for Sunday football, so get the gang together and watch the Sunday game at Kahuna's Sports Bar & Grill.

Breakfast will be served from 7 to 11:30 a.m. Lunch and dinner menus will be available from 11:30 a.m. until 11 p.m.

Plus, catch Monday Night Football at the clubs. Watch the Colts take on the Buccaneers on

one of the Plasma or big screen televisions at Kahuna's, the Staff NCO Club or the Officers' Club.

For club hours of operation, log on to the Marine Corps Community Services Web site at www.mccs.hawaii.com.

Golf Tourney to Support Marine Corps Ball

Headquarters Bn., MCB Hawaii, will host a four-man scramble with blind draw format.

Teams will consist of A, B, C and D players: A player is 0-9 handicap, B is 10-15, C is 16-23 and D is 24 and above. No sandbagging is allowed.

All names will be randomly drawn prior to tee off. Those who don't have a handicap will be placed in a separate can and drawn at the end or once names from the A - D categories have been exhausted.

Prizes will be awarded for the longest drive and closest to the pin. A \$10,000 prize awaits a "hole in one" by the first command.

Prizes will also be awarded for first, second and third place, and a set of clubs will be raffled

off.

The fee for admission is E-5 and below, \$25; E-6 - O-3, \$32; and O-4 and above, \$34. The fee for civilians is \$48; MCB Hawaii DoD employees, \$38; and non-MCB Hawaii DoD and house guests, \$40.

All players must check-in prior to 11:45 a.m. on the lanai, so teams can be arranged. Tee off is at 12:30 p.m.

All team names and monies must be turned in by close of business today.

For more information, contact Patrick Clark at 257-5738, or email him at clarkph2@mcbh.usmc.mil.

Kahuna's Brings

Tsunami Surf Saturdays

Surfs up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m., Saturdays, at Kahuna's Sports Bar & Grill.

Catch a big one on the surf simulator and win a brand new surfboard from Local Motion.

For more information on Tsunami Surf Saturdays, call the Kahuna's Bar & Grill staff at 254-7660.

Spend a Day on the Bay

Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats or — for larger parties — pontoon boats located at the base marina, Bldg. 1698.

Rentals are available for sailing, waterskiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level, and for boat owners, two boat-launch ramps are provided, as well as boat storage at the marina pier.



K-Bay Lanes Offers Big Time Bowling Fun

K-Bay Lanes is in a league of its own, but offers numerous leagues for bowlers of all ages.

The Women's League is open to players ages 18 and over. and games take place Thursdays at 6 p.m.

For more information, call 254-7693.

Base All Star

NAME: David Borrego

UNIT: Headquarters Bn.

BILLET: Unit Diary Clerk

SPORT: Football

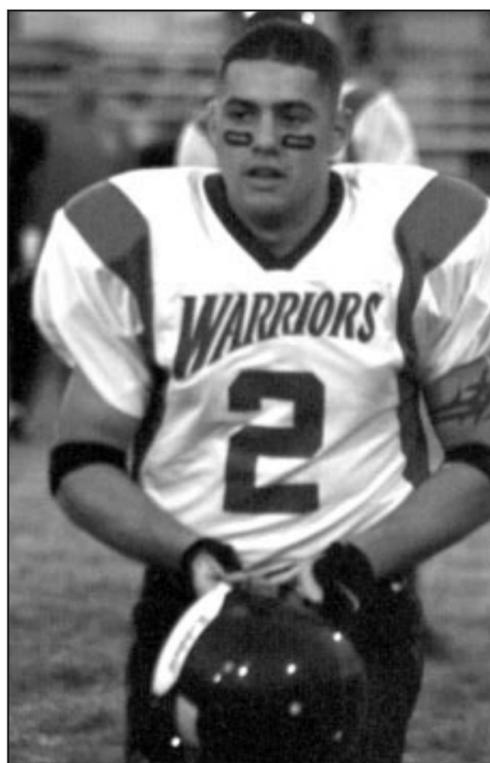
POSITION: Cornerback

TEAM: Headquarters Bn. Warriors

• Borrego has been playing football since he was in the third grade.

• He attended the John Mobley football camp and was awarded the MVP for the middle school division.

• He was on the second team all-conference for two years in high school.



Sgt. Joseph A. Lee

"The adrenaline rush of knowing you are about to be hit, or knowing that you're about to deal out a hit, is something I look forward to every game."

2003 TACKLE FOOTBALL SCHEDULE

POP WARNER FIELD

Monday 6 p.m.	MAG-24	vs.	Headquarters Bn.
Wednesday 6 p.m.	3rd Marines	vs.	3rd Rad. Bn.
Oct. 14 6 p.m.	3rd Rad. Bn.	vs.	Camp Smith
Oct. 16 6 p.m.	3rd Marines	vs.	Camp Smith
Oct. 14 6 p.m.	3rd Rad. Bn.	vs.	Camp Smith
Oct. 16 6 p.m.	3rd Marines	vs.	Camp Smith
Oct. 20 6 p.m.	MAG-24	vs.	CSSG-3
Oct. 22 6 p.m.	Headquarters Bn.	vs.	1/12
Oct. 23 6 p.m.	3rd Rad. Bn.	vs.	3rd Marines
Oct. 27 6 p.m.	CSSG-3	vs.	Camp Smith

(Editor's Note: The remainder of the 2003 tackle football schedule will be published as the season progresses.)

COMMUNITY SPORTS

Honolulu Century Ride 2003 Kicks Off At Kapiolani Park

Niketown Honolulu announces its 4th annual Niketown 5, a 3.1 mile run down Kalakaua Avenue in Waikiki. This year's race will take place on Sunday, beginning at 7 a.m.

Niketown has renewed its focus for this event to encourage physical activity among Hawaii's youth.

As in the past, 100 percent of the entry fees will be donated to Oahu's public and private schools (grades K-12) for athletic programs and play equipment. During the past four years, the Niketown 5 and Kids Run has raised and distributed more than \$121,000 to 242 participating schools.

The cost to participate is \$20 for adults 19 years and older, and \$10 for kids 18 years and under.

Runners can designate which school they would like their entry fees to benefit, and each participant will receive a Niketown 5 T-shirt.

Race forms are available for pick-up at Niketown, or by calling 943-6453.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows in Waimanalo.

You can learn how to choose the best

waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m.

The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques.

Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information about Bellows recreation, call 259-8080.

Friends Of Kailua High School Host Sixt Annual 5k Fun Run

The friends of Kailua High School, a Hawaii nonprofit corporation comprised of students, faculty, parents, alumni and other supporters of Kailua High School, is sponsoring a 5k (3.2 mile) fun run/walk event on Nov. 2, at 7 a.m., at Kailua High School gym. The school is located at 451 Ulumanu Dr. The net proceeds will go to the Kailua's Computer Academy.

Class finishers and every 25th finisher will receive a prize or ribbon. There will also be a drawing for a round trip vacation to a neighbor island.

Entry fees are \$19 for those who want a T-shirt (for those who don't want a

shirt, the cost is \$10). Applications can be found in the *Athletes Hawaii* magazine, which is distributed to sporting goods establishments, shoe stores, health clubs, gyms, fitness facilities, bike shops, etc. Also, copies can be obtained at Kailua High School.

Register online at Active.com. Applications will be accepted on the morning of the race starting at 6 a.m.

For more information about the Kailua High School Sixth Annual 5k Fun Run, call Ann Higashi at 266-7900 or Ed Kemper at 524-0330.

Marines and Sailors

Get in Shape with ShipShape

You can win the war on body-fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult; skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification

techniques.

For more information about the ShipShape program, call 471-9355.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs.

Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (that's a savings of more than \$50).

Fax Us Your Recreation Ads

Advertise sports and recreational activities of general interest in the "Base Sports" or "Community Sports" columns.

Fax items of interest to the military or Department of Defense community to 257-2511 or 257-1289.

Call the *Hawaii Marine* staff at 257-8836 or 257-8837 for answers to any of your questions or concerns.

SPORTS AROUND THE CORPS

Lacrosse Club shares nation's oldest sport

Sgt. Chris Eriksen

Camp Smedley D. Butler

CAMP FOSTER, OKINAWA, Japan — On a hot, humid morning, they gather their sticks. Their weapons of choice come from combat centuries old. Their tactics center around the same centuries-old tradition: Send a stone through a set of poles using only their stick, skills and wits.

Though the weaponry and protective equipment has changed with time, their determination to achieve victory in the ancient game has not. What started off as a simple game of sticks and stones centuries ago has now accumulated into what is known as one of the fastest modern sports on two feet: lacrosse.

The Okinawa Lacrosse Club, which formed in May 2001, has been practicing several times a month for more than two years now. Originally formed for the 2001 International Lacrosse Friendship Tournament in mainland Japan, it is now comprised of more than 30 service members from

various units and bases island-wide.

The team has participated in three International Lacrosse Friendship Tournaments in mainland Japan, according to David Degn, midfielder, OLC.

"The lacrosse program out here is an excellent experience that more people should take advantage of," said Degn. "The trip to Osaka was one of my most memorable experiences overseas."

The OLC has also hosted two Friendship Games for Team Zipang and the Japanese Lacrosse Association team on Okinawa over the past two years. These games have both fostered camaraderie and broken barriers with members of the Japanese teams, according to Robert Marshall, defenseman, OLC.

"The camaraderie between the players is great and the interaction with the other teams at the Friendship Games was fun," Marshall said. "Getting away to the International Friendship Games in mainland Japan helps reduce cultural barriers somewhat, so

See LACROSSE, C-6



Sgt. Chris Eriksen

Phil Mendoza, midfielder, Okinawa Lacrosse Club, and Fairport, N.Y., native, squares off with a Team Zipang Lacrosse Club midfielder for the opening face off of the game. The OLC hosted Team Zipang from Tokyo, Japan, during the Friendship Series Games recently.

LACROSSE, From C-3

we could relax, be ourselves and just enjoy the game and each other. I very much enjoyed playing with the folks from Team Zipang and the JLA."

The team offers service members a chance to stay in shape and meet others with similar interests, both American and Japanese, according to Degn.

"You can stay in shape, have fun and meet international players," Degn said. "I think lacrosse is the only sport America can call its own, and the fact that other countries are learning to play is fantastic."

The OLC offers new players the chance to learn lacrosse and gives expe-

rienced players a place to play. Lacrosse doesn't require a great deal of skill, according to Robert Hallett, attackman, OLC.

"Skill levels vary among every team, and most players are not judged by how well they play, but how hard they play," Hallett said. "All you need to play lacrosse is to be in shape, as the game requires lots of running. If you're an athlete, as most military personnel are, you can play the game."

"If you can throw and catch a baseball, you can throw and catch with a lacrosse stick as the motion and mechanics are generally the same," Hallett explained.

According to Hallett, the attraction to lacrosse, and its recent explosion of

growth in the U.S. and overseas, is due to its quick, violent style of play.

"It includes the physical contact of football or hockey, the close proximity of play of basketball, the speed and endurance of soccer and fundamental throwing and catching skills of baseball — all popular sports in most U.S. schools," Hallett said. "Even for the fan, it is an enjoyable game to watch due to its fast-paced, aggressive style."

Another reason to play is that the relationships formed among players are very tight, according to Hallett.

"Often you'll find that most tournaments include an after-game party where lies are shared, stories are told and the cama-

raderie of just playing the game are enjoyed," Hallett said.

The team meets as often as possible to play pickup games and improve its skill level. Attracting new players and interest in the sport has become a main focus of the practices now, according to Marshall.

"We need new players," Marshall said. "We need to have a reason to play each week instead of people showing up just before a game. We would like to get a box lacrosse league sponsored by Marine Corps Community Services."

The team plans to host more games this coming fall or winter, said Marshall.

FOOTBALL, From C-1

what we brought out to the field," said fullback Carlos Mora.

When the Warriors got into striking distance again, they decided to give some love to their passing game, as they hooked up with tight end Steven Rodriguez in the corner of the end zone for another six points.

With a thirteen-point lead, the Warriors coach decided to kick for another extra point, which they missed, leaving the scoreboard at 13-0.

Controlled by the Warriors defense, there was little the Bone Crushers could do to stop the onslaught. With attempt after attempt during the first half, the Bone Crushers couldn't get their offense going enough to put points on the board.

"We were all looking at this game to be very physical," said Warriors Coach Shawn Jones. "Our team just came out there and controlled the momentum the whole time, and played at a Warriors pace, rather than playing to the other team's pace. We came out here tonight with that intension, to play at our own level."

With a pace the Bone Crushers couldn't maintain, the Warriors continued to put more points up

before the end of the half, when cornerback David Borrego ran a punt return back 40 yards for another Warriors touchdown, putting the count at 19-0 going into halftime.

"The punt return, like most of our scores during the game, can be attributed to a good line, and great blocking on the field," said Borrego. "We went out there and dominated the other team, which allowed for us to make some great plays."

As the Bone Crushers tried to regroup during the half, the Warriors reminded themselves that they were out here to play at their own intensity, and they would not slow down for anyone in the second half.

Possession of the football during the second half was split pretty evenly, as the Bone Crushers had many missed opportunities to put points on the board. They just couldn't get into the end zone.

When the Warriors regained possession in the third quarter, they put together a long running drive using their huge fullback, Mora, to do most of the pounding. The offense brought the Warriors to the Bone Crusher five-yard line, where Calderon ran over the defense one more time for his second touchdown of the night, putting the Warriors up 26-0.

The hard hitting defense that the

Warriors brought out was obviously much more than the Bone Crushers' offense was ready to deal with, as hit after hit caused fumbles and interceptions that let the Warriors to dominate the game on the both sides of the ball.

"The last touchdown we scored when I tightened up my defense on the receiver I was covering," said Borrego. "I got burned for a deep pass the play before, and I wasn't going to let that happen again. So I stuck to my man."

After the Bone Crusher's quarterback was escorted off the field with a concussion, Borrego played tighter defense with the new arm at quarterback. Zone defense allowed the safeties to pick up the streaking receivers, and Borrego came back in the right position to make an interception that he returned 60 yards across the field, breaking numerous tackles to find his way to the end zone for the Warriors final score on the Bone Crushers, leaving them with a 34-0 loss, and giving the Warriors their third straight shut-out.

"So far, no team has scored on us," said Jones. "We're not a tricky team, we just like to come out and play some football. When our people come together and play as a team, we're successful, and that's the bottom line."

CHAMPS, From C-1

match for the first time at Camp Perry.

"I've been second place in the .22 [caliber] match too many times. It was getting old," said Zins.

The staff noncommissioned officer in charge, Daniel Burke, credits his team's success to mental preparedness and unwavering commitment to the mission.

"I think a high state of discipline and keeping focused on the task at hand was instrumental, said Burke. "As always, there were frustrations, but staying focused and disciplined made the difference."

Giorgio, who competed for the second time at the National Championships this year, said that he was much more at ease the second time around having gained important insight into the psychology of competition.

Giorgio credits mastery of the mental game as being the key to success for the Marines at Camp Perry this year.

"Mindset is the biggest thing," said Giorgio. Only you can control what you do. If you don't go in with the mindset I have to do

this, it's not going to work."

Members of the Marine Pistol Team are selected from the top 10 percent of competitors from Marine Corps division matches, and usually spend about three years competing before rotating back to the fleet.

"In the Marine Corps there are so many Marines with unbridled talent, it makes it hard to choose the competitors who are going to put us on top," said Scarlet Team Coach Shawn Pickard. "The main thing I look for is not who has talent, but more importantly, who has a good attitude and is willing to learn. [I look for the Marine] who is the sponge."

Pickard praises the Corps' practice of limiting Marines' tenure with the team despite making competition against other service teams with highly experienced, career competitors much more challenging.

"It keeps us on our toes," said Pickard. "[but] Marines, as a general rule, want to learn, and it is important that our knowledge gets back out there."

